

## ABSTRACT OF THE DISCLOSURE

An instrument system for preparing a disc space between adjacent vertebral bodies to receive a repair device includes a series of distractors for distracting the vertebral bodies in a manner that restores natural lordosis of the lumbar and cervical spine, a vertebrae immobilizing template to fix the positions of the bodies, a handle for employing the distractor and the template, and a reamer for cutting tissue from endplates of the vertebral bodies.